

St Tiernan's

April 2025

NEWSLETTER



Key Dates

In this issue of the St Tiernan's Newsletter

- A lookback at the sporting activity that took place in the school this term
- News on the activities of our Transition Year Students
- Advice for students who are preparing for their state examinations

- April 28th - School Re-opens
- May 5th - School Closed (May Bank Holiday)
- May 15th - School Awards Evening
- May 21st - Transition Year Graduation
- May 22nd - 6th Year Graduation
- May 30th - Final Day of School Year
- June 4th - State Examinations Start

Principal's Welcome Letter.

“Energy, Achievement, Community”

As we approach the Easter break, I would like to take this opportunity to reflect on the incredible energy, commitment, and spirit that has filled our school community over the past term. This newsletter will give you a flavour of the wonderful school community we have in St Tiernan's and showcase a lot of the wonderful activities we have for students. It has been a busy and rewarding term!

From academic progress to creative achievements and community engagement, our students continue to inspire us all. Just this week, our Transition Year students took part in the Get Going Get Rowing programme at Neptune Rowing Club. Under clear blue skies, they demonstrated impressive skill and teamwork during an enjoyable on-the-water session.

Our commitment to wellbeing has also shone through. Wellbeing Week has been a vibrant celebration of self-care, positivity, and reflection. A highlight includes a thoughtful video presentation by 6th year student Alex, and we look forward to taking part in the national Drop Everything and Read event this Friday at noon—a perfect way to pause, unwind, and reconnect through reading.

We were equally proud of our students who took part in the Cycle Against Suicide fundraiser. Together, they rowed and cycled over 250km to support mental health awareness. A special thank you to Jessica, Patricia, Tyler, and Katelyn in 6th Year for their outstanding leadership and organisation.

Creativity and environmental awareness have also taken centre stage with the announcement of the Biodiversity Poster Competition winners. Congratulations to all who took part and used their talents to highlight such an important issue.

Looking Ahead

Easter is a season of renewal and hope. Whether you're celebrating its religious significance, spending time with loved ones, or simply enjoying a rest, I hope



you find time to reflect and recharge.

Thank you, as always, to our incredible staff for their passion and dedication, and to our parents and guardians for your continued support. Together, we are helping our young people grow, learn, and thrive.

Wishing you all a restful, joyful Easter break.

Jenny Costello,
Principal

1st Year Boys Win Silver

Congratulation to our 1st year boys football team who reached the final of the South Dublin League

A Great Achievement

Our 1st Year Boys football team recently concluded an extraordinary season, reaching the South Dublin League Final. Although the final result did not go in our favor, the journey itself was a testament to the team's dedication, skill, and unwavering spirit.

Throughout the season, the team displayed remarkable growth and resilience, culminating in a thrilling final. The final was a hard-fought battle, with standout performances from several players.

The team's success was not limited to a single match. Throughout the season, every player contributed significantly to the team's achievements. Bobby O'Sullivan, Billy Keddy and Dylan Connors-Callaghan, among others, consistently delivered excellent performances, embodying the spirit of sportsmanship and camaraderie that our school values so highly.

The support from the school community was overwhelming. All 1st Year students attended the astro pitches in Marlay Park to cheer on their peers during the final. Their enthusiasm and encouragement created an electric atmosphere that undoubtedly spurred the team on to victory. Moreover, the students' behavior was exemplary, representing the school with pride and respect. Their conduct was a testament to the strong community spirit that exists within our school.

As we reflect on this season, we are filled with pride and inspiration. The 1st Year Boys football team has demonstrated that with hard work, dedication, and community support, great things can be achieved.



Messages From The Chaplain and School Completion Programme

A Word From Our Chaplain Ms. McGarrigle

Easter is a time for hope and new beginnings. As we approach Easter, we are reminded of the power of renewal, hope, and the promise of new beginnings. It is a time to come together, to let go of our mistakes and to be kind to one another. For many of us, this season brings with it a time of reflection, both on the challenges we have faced and on the potential for growth and transformation.

Easter is a time of celebration, not just for Christians, but for all of us to embrace the values of love, compassion, and resilience. Whether you observe Easter through religious practices or through the lens of spring and renewal, this season invites us to celebrate life in all its forms and to appreciate the beauty of diversity.

As we look toward the future, let us hold onto the hope that Easter represents—a hope that, no matter the difficulties we may face, there is always room for growth, healing,

and joy. This Easter, take a moment to be grateful for your blessings and extend a hand of friendship to those around you.

Wishing everyone a peaceful and happy Easter. Enjoy your well deserved break.

Message From Our SCP Coordinator Peter Lennon

As we start into Easter, it's hard to believe that another year is almost done and exams will soon be on top of us. In S.C.P. we have and will continue to support our students in not only their school attendance and wellbeing but also the day to day duties of navigating through their school journey and as the everyday issues pop up we can help them.

We have various every day programs running and we encourage students to come in and have some breakfast in our school hall, this is a great way of starting your day and also getting to socialize with your friends etc. Attendance and timekeeping are not only important now but are always going to be important

in your everyday life. Good habits are the tools of life that help you achieve your ambitions and help you make the right decisions as you move through the years of school life and transition into adulthood. We in S.C.P. are there to help and guide students get to their destiny taking the routes that suit their specific needs.

So the very best of luck to our leaving cert students as they finish this chapter of their educational journey and enter into the next phase of their life's journey. To our students who are still on this part of their educational journey, enjoy the end of the academic year and have a lovely summer. Finally, to those students who will join us in September, embrace the great opportunities that lie in wait for you and we in S.C.P. will be there to help and guide you, along with the wonderful teachers, S.N.A.'s and all the staff at St. Tiernan's.

Educational Tips.

In advance of the end of year tests and the state examinations, we advise that students

Catch up on missed work


Check the weeks/days you were not present this year. Make sure you know the content covered in your absence

Create an effective timetable

Create a study timetable for each week in advance of the exams with time for leisure also to avoid burnout!

Have a clear goal in mind

Using your past examinations and your future ambitions, create a realistic goal for your future self



We generate fears while we do nothing. We overcome these fears by taking action."

Exam Supply Essentials.

Make sure you have each of the following prior to the exams

- Colored pens- not pencils
- A ruler
- A geometry set
- A non-digital watch/timer
- A calculator
- Highlighters
- Subject-specific resources



Look back at your previous exams, take note of your strengths and weaknesses. Refine these to ensure you reach your potential!



As with any endeavour in life, practice makes perfect. As we go into the final term, ensure you give regular time to your study.



Healthy habits can only be formed when you care about yourself. Take time to manage stress and do the things that bring you joy.

School Sports News.



Volleyball Tournament

Our volleyball team participated in a thrilling tournament at Pobalscoil Neasáin in Baldoyle, competing against both the host school and St. Pats from the city center. The day was filled with intense matches and impressive displays of skill and sportsmanship.

Our team played a total of six matches, securing victories in three of them. Each student brought their best to the court, demonstrating not only their athletic prowess but also their positive attitudes and excellent manners. Their conduct was a true credit to our school, reflecting the values we strive to uphold.

Sports Central.

Transition Year Rowing- TY students had a great day at the Neptune Rowing Club, where they completed the Get Going Get Rowing programme. The on-the-water session took place under clear skies and sunshine, providing a pleasant setting for the students to put their skills to the test.

3rd Year Volleyball Well done to all 3rd-year students who participated in a volleyball workshop with Lina from Volleyball Ireland! Great teamwork, leadership, and effort was displayed from everyone!

1st Year Girls Football- Well done to all 1st year girls who took part in a football blitz against Balinteer Educate Together.



Transition Year - Some Highlights From This Term

Kilmainham Gaol

Our Transition Year students explored Ireland's history with a visit to Kilmainham Gaol, a key landmark in Dublin. The former prison, dating back to 1796, provided insights into Ireland's struggle for independence and housed figures from the 1916 Easter Rising. Students learned about the hardships faced and the gaol's role in shaping the nation, fostering a deeper appreciation for Irish heritage.

AIB Impact Schools Award

Congratulations to our Transition Year students, Mr. Kinevane, and Ms. Buggie for winning the AIB Schools Impact Awards. Their entry showcased the LIFT Programme's impact on building confidence and leadership. The school looks forward to receiving the Exemplary School Award plaque.

Work Experience

Students successfully completed their two-week work experience placements in February. We thank the organizations that facilitated these opportunities, especially Sallynoggin College of Further Education, The Office of the Attorney General, and Dun Laoghaire Institute of Art, Design + Technology. Their support has been invaluable

in helping students gain practical skills and explore career paths.

GAA Leadership

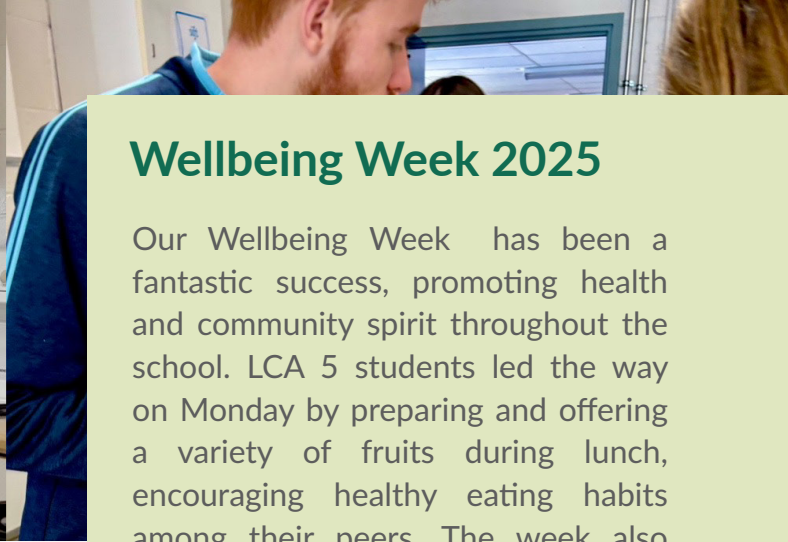
Transition Year students led a healthy eating initiative by making and distributing nutritious snacks, such as fruit salads, protein balls, and smoothies, during break time. This engaging program promoted healthier food choices and fostered a sense of community and wellness. Students gained valuable leadership experience by organizing and executing the initiative, raising awareness about the importance of healthy eating while empowering their peers to make positive lifestyle choices.

Daffodil Day

Our Transition Year students recently rolled up their sleeves and with the help of their teacher Ms Suszczynska got involved in a meaningful cause by helping to make coffee to raise money for Daffodil Day. With enthusiasm and teamwork, they set up a coffee station in the staffroom, offering hot drinks and treats to staff, all in support of the Irish Cancer Society. The students not only honed their barista skills but also learned about the importance of fundraising and community involvement.



Thanks to their efforts, we were able to contribute to this vital cause, helping to raise much-needed funds for cancer research, support services, and awareness campaigns.



LCA News

LCA students were treated to a wonderful trip to the Clayton Hotel where they got to experience the realities of the hospitality industry, a behind the scenes view of the duties that are carried out in all areas of the hotel and finished off with a delightful lunch. We would like to thank the Clayton Hotel for their ongoing support of our school community.

Students as part of their Hotel Catering and Tourism module took a trip to the country market in Airfield Estate. Students undertook market research on what type of products are best placed in markets and the different price points they could expect. Students used this knowledge towards their idea generation for their task.

Best of luck to the 5L class who will be sitting their task interviews on the Monday after the Easter Break. Students have been extremely busy this term researching future career paths in their Vocational Preparation Tasks and making products in their Hotel Catering and Tourism Specialism.

Wellbeing Week 2025

Our Wellbeing Week has been a fantastic success, promoting health and community spirit throughout the school. LCA 5 students led the way on Monday by preparing and offering a variety of fruits during lunch, encouraging healthy eating habits among their peers. The week also saw students actively raising funds for Cycle Against Suicide on Tuesday, demonstrating our shared commitment to mental health awareness. The festivities culminate in an energetic Zumba session on Friday, bringing everyone together for a fun and active finale. Thank you to all students and staff for your participation and support in making Wellbeing Week a memorable event!



Women in STEM

A number of Transition year girls were recently invited to UCD for a STEM event to highlight and promote female participation in careers in STEM. Apologies for disruption to classes. An inspiring day aimed at encouraging young women to pursue careers in these dynamic fields. The event, held at University College Dublin, featured interactive workshops, talks from female leaders in STEM industries, and hands-on activities designed to spark curiosity and creativity. We're thrilled that our students had the chance to take part in this inspiring event and hope it ignited a passion for STEM that will continue to grow in the years ahead!



LCVP

Our 5th Year LCVP students have been actively participating in enriching programs focused on career development and financial literacy. Volunteers from Mastercard discussed the importance of technology in various careers and the need for women in STEM, with students reflecting on their findings in a portfolio report.

The LCVP class is also involved in the Accenture Careers Success Junior Achievement program, which includes mock interviews at Microsoft offices after Easter, providing real-world interview experience.

In collaboration with 5th Year Business students, they engaged in the "Balancing Act" workshop, learning essential money management skills. These initiatives are crucial in preparing our students for future success.



Try a Trade

Many thanks to Irish rail 'Try a Trade' event held in the Apprentice training centre in Inchicore. Our students had the opportunity to get hands on experience of a variety of trades and skills in a fun and interactive way. Students tried trades in areas like Heavy Vehicle Mechanics, Electrical, Fitter and Engineering Technician. It was a very enjoyable day for all.





Final Notes.

We'd like to thank all of our school community not only for making this term another memorable one, but also for the continued incredible fundraising work this term. Fundraising initiatives for Cycle Against Suicide and Daffodil Day were highlights. It is inspiring to see the trojan work our students performed in aid of the least fortunate in our society.

We wish you all a happy Easter!

THANK YOU.

FOR READING

Phone

01 295 3224

Website

[www. StTiernans.ie](http://www.StTiernans.ie)

Location

St Tiernans Community
School, Parkvale, Balally